

## September 24, 2015 Minutes of the Elderly Nutrition Quarterly Meeting

Attendees: Lisa LaBonte (NO Inc.), Sandy Yost (Granby Senior Center), Rick Liegl (Meriden Senior Center), Lucy Nolan (End HungerCT!), Deborah Migneault (Legislative Commission on Aging), Maureen McIntyre (NCAAA), Dawna Fahey (DSS- SNAP), Jannett Haughton (SDA), and Stephanie Marino(SDA).

On Phone: Christina Fishbein (WCAAA) and Joel Sekorski (CANASP)

Meeting began at 1:07 PM.

### 1. Catalog of Nutrition Programs

Lucy Nolan provided a hard copy of the DRAFT document created and researched by Jessica Mahon. This document outlines the resources for nutrition here in Connecticut. The document will be sent to Stephanie so that it can be forwarded to the group for review and comment. Lucy will give a date by which the comments are due to her.

Jessica's last day with End Hunger CT! is September 25, 2015 unfortunately due to funding constraints.

In June 2015 meeting, the issue was raised regarding other departments (DOC, DDS, etc.) that deliver meals on a large scale and investigating the success of these meals. Joel also suggested looking into the meals provided by the Sheriff's Department. Previously he had done this work through his position with The Hartford. He advised that the price point for the meal was very good but the meals did not follow any RDA.

Lisa has received grant to build the capacity of the nutrition programs by doing business with Hospitals or Insurance Companies.

Lucy Nolan is spoke of Mary Dale Deboer(?), who does nutrition work with the Hospitals and Lucy will send her contact information to Stephanie.

### Additional Partnerships:

- Joel has a meeting with a CSA (Community Supported Agriculture) in Northwest Connecticut for fresh vegetables offered to seniors and to be included as part of the menus at the center. Perhaps this can be an option to provide vegetables for caters and a cost savings to the program. Sandy advised that they have been using CSA's at her site for a few years now.

### Recommendations from group:

- Incorporate nutrition education into a CSA and how to make the food products received in a CSA last.
- Bring summer meals program for youth into senior housing sites for an intergenerational program.
- Cooking demonstrations for congregate sites as these are well received and the demos engage the seniors not only with meal preparation, sound nutrition practices but also with each other.

Administrative process complexities:

- CHCPE is administratively challenging but has gotten easier
- One program has one staff person specifically trained in the CHCPE process. Has improved payment processes but missed deliveries identified below impact program
- In CHCPE, providers are not allowed to bill for meals that they are unable to deliver when no one is there to accept meals.
- ENPs have put in place policies to cut meals to individuals who fail to be home to receive the meals.
- Usually done after 3 missed delivery days in a month
- With CHCPE, the consumer does not need to be homebound and in Title III, the consumer does need to be homebound.
- Copay in CHCPE impact the deficit as well
- It is estimated that in six months, approximately 2900 meals couldn't be paid for
- CHCPE reimbursement is \$8.85 for a 2 meal pack. Title III reimbursement rate is a bit better but still operating at a loss.
- When audits are conducted and an error is found, once extrapolated, a small error for a small provider can have a crippling effect on its ability to be in business. Deb M. was going to look to see the status of the bill regarding improving the audit process.

Alternative Funding Work group:

- Lisa LaBonte willing to keep group advised of what she learns about alternative funding and
- Lisa spoke of a grant that is expected to come out in February regarding Farm to Table offerings.

Consumer Workgroup:

- Stephanie and Jannett will coordinate with Sandy Yost and Rick Liegl to get to their sites to meet with older adults.
- The intention of these meetings is to talk directly with individuals who participate in the program and those who do not.
- Will learn what they like about the program, what other needs may exist and what changes they recommend.
- Want to also learn from individuals who are at the sites for activities but not participating in the congregate meal program about what might be preventing them from participating. The target date is October 2015
- Lisa had done a survey for non-consumers and learned that these individuals were too busy (not at home) and they aren't interested in a heavy meal at noon time.

Next Meeting: December 3, 2015

Location: State Department on Aging  
55 Farmington Avenue, Room 1012  
Hartford, CT 06105

Time: 1:00 PM – 2:30 PM